



Meal Prep Group

NUTRITIOUS • DELICIOUS • MADE FOR YOU



FRESH
QUALITY
HOME
COOKED



Meal Options



ALL STANDARD MEALS

£30 PER MEAL

All meals are freshly prepared by our recommended chef using quality, fresh ingredients.



CHICKEN & MEAT DISHES

1. Peri-Peri Chicken – with gluten free salad 🌶️🌶️🌶️
2. Cajun Chicken – with gluten free salad
3. Jerk Chicken – with gluten free salad 🌶️
4. Teriyaki Chicken – with gluten free salad
5. Smokey BBQ Chicken – with gluten free salad
6. Smoked Paprika Chicken – with gluten free salad
7. Chicken Curry – with gluten free salad 🌶️
8. Chicken & Prawns Curry – with gluten free salad 🌶️
9. Chicken in Black Bean Sauce – with gluten free salad
10. Chicken & Rice Fusion – with gluten free salad 🌶️
11. Chicken & Sweet Potato – with gluten free salad 🌶️
12. Korean Sticky Chicken Bites – with gluten free salad 🌶️🌶️🌶️
13. Spicy Korean Beef Mince – with gluten free salad 🌶️🌶️
14. Beef Meatballs – with gluten free salad
15. Beef Pasta Bake – with gluten free salad
16. Chinese-Style Beef Strips – with gluten free salad
17. Beef in Black Bean Sauce – with gluten free salad
18. Beef Curry – with gluten free salad 🌶️



PREMIUM OPTIONS

PREMIUM MEALS ARE AN ADDITIONAL
£10 PER MEAL (TOTAL £40).

- Cod Loin (9oz) – £40
with gluten free salad
- Sea Bass – £40
with gluten free salad
- Ribeye Steak (10oz) – £40
with gluten free salad
- Fillet Steak (8oz) – £40
with gluten free salad



All meals come with seasonal vegetables.



FRESH
INGREDIENTS
Sourced with care



GLUTEN FREE
SALAD INCLUDED
With every meal



PREPARED BY OUR
RECOMMENDED CHEF
Made with passion



NUTRITIOUS
& SATISFYING
Good food, great care



NOURISHING FOOD. BEAUTIFULLY PREPARED. MADE FOR YOU.





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6 GLUTEN FREE SALAD RECIPES

Made with wholesome ingredients: buckwheat, quinoa, lentils, rice, and fresh veggies & herbs.

1. BUCKWHEAT & BEETROOT SALAD



INGREDIENTS

- Buckwheat
- Beetroot
- Cucumber
- Tomatoes
- Red onion
- Parsley
- Spices (cumin, chili flakes)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Dijon mustard
- Garlic
- Salt & pepper



2. QUINOA & LENTIL POWER SALAD



INGREDIENTS

- Quinoa
- Green or brown lentils
- Cucumber
- Tomatoes
- Red onion
- Parsley
- Coriander
- Olives
- Spices (cumin, coriander)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Balsamic vinegar
- Garlic
- Salt & pepper



3. RICE & BUTTER BEAN SALAD



INGREDIENTS

- Brown rice
- Butter beans
- Cucumber
- Tomatoes
- Red & yellow peppers
- Red onion
- Parsley
- Coriander
- Olives
- Spices (paprika, cumin)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Apple cider vinegar
- Garlic
- Salt & pepper



4. BEETROOT, LENTIL & QUINOA SALAD



INGREDIENTS

- Quinoa
- Lentils
- Beetroot
- Cucumber
- Tomatoes
- Red onion
- Parsley
- Coriander
- Olives
- Spices (sumac, cumin)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Pomegranata molasses
- Garlic
- Salt & pepper



5. MEDITERRANEAN BUCKWHEAT SALAD



INGREDIENTS

- Buckwheat
- Cucumber
- Tomatoes
- Red & yellow peppers
- Red onion
- Parsley
- Coriander
- Olives
- Spices (oregano, cumin)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Red wine vinegar
- Garlic
- Salt & pepper



6. SPICED LENTIL & RICE SALAD



INGREDIENTS

- Brown rice
- Lentils
- Cucumber
- Tomatoes
- Red & yellow peppers
- Red onion
- Parsley
- Coriander
- Olives
- Spices (cumin, paprika, chili flakes)
- Salt & pepper

DRESSING

- Olive oil
- Lemon juice
- Tahini
- Garlic
- Salt & pepper



SEAFOOD OPTIONS

1. Sea Bass –
with gluten free salad



2. Poached Salmon Fillet –
with gluten free salad



3. Teriyaki Salmon Fillet –
with gluten free salad



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